



# Medina Hospital Advocate

A Publication of the Medina Hospital Foundation

## Medina Hospital Partners With Others To Promote 'Healthy Medina' Initiative

What began as a small health and wellness program for Medina city and school administration employees now has grown into a communitywide effort to promote healthy living for everyone.

The program, Healthy Medina, is sponsored by Medina Hospital, the City of Medina, the Medina Community Recreation Center and Medina County Parks. Philanthropic donations from Discount Drug Mart and the Medina Hospital Foundation helped to cover some first-year expenses.



A collaborative community wellness initiative for Medina County

Based upon the results of a recent community needs assessment, Healthy Medina focuses on providing participants with health education, nutrition information and physical activity opportunities.

"Winter's over. Summer's here. And this is a wonderful opportunity for people to improve their health through both indoor and outdoor programs and activities," says Sarah Arend, Medina Hospital's Program Manager in Community Outreach. "Our settings are casual. You can come in sneakers and sweatshirts. It's a great way to learn, to inquire and to exercise."

A starting assessment was held at the recreation center on April 26, in which participants had their cholesterol, glucose, blood pressure and body mass index readings taken. Those readings will be taken again at the end of the program to measure improvements.

Healthy Medina kicked off with an eight-week Community Fitness Challenge program held at 6 p.m. every Thursday at the recreation center from May 1 through June 19. At each session, a healthcare professional will speak to the group and share information about leading a healthy life. A physical therapist, family medicine doctor and an oncologist are among the experts who will give talks.

Information also will be provided about how to stay healthy and exercise wisely. Topics to be presented include:

- The importance of warming up before you work out
- Chest pain and the importance of having it diagnosed quickly
- How wellness is related to cancer prevention
- Knowing your healthy numbers and what they mean

After each talk, attendees move upstairs to the recreation center's indoor track and go for a walk that will become a little longer with every session. There is a \$10 charge for recreation center members, \$20 for nonmembers. The fees go to the recreation center to support community programming.

*continued on page 2*



## Calendar of Events



### June 16

Jack Vigneault Golf Outing at Medina Country Club

### JULY 12

Cruise for a Cure at Century Harley Davidson

### AUGUST 11

Foundation Board Meeting

### AUGUST 15

Rotary Wine and Cheese Party

## Gifts in Honor/Memory

**In Memory of  
Dr. Otis G. Austin**  
Grace Eyerdorn

**In Memory of  
Bill & Ruth Kelly**  
Corinne P. Hadley

**In Memory of  
Rosie Olson**  
Gail and Marc Houk

**In Honor of  
Elsie Ruhrkraut**  
Corinne P. Hadley

**In Honor of  
Joyce Henschel**  
Corinne P. Hadley

## Healthy Medina

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Separately, “Walk With A Doc” is a Healthy Medina program held on the first and third Saturdays of every month year-round. At each session, beginning at 9 a.m., a Cleveland Clinic caregiver will offer 10 to 15 minutes of remarks related to their specialties, or to participants’ questions. The program then moves into a question-and-answer session as both the speaker and the audience take a one-to-two-mile walk through any of several Medina County parks. The walks are free and open to the public, and no registration is needed. For more information on “Walk With A Doc,” call 330.721.5992, or visit [walkwithadoc.org](http://walkwithadoc.org), or [medinacountyparks.com](http://medinacountyparks.com).

“We currently have more than 90 members enrolled in the Healthy Medina Community Fitness Challenge, which is a very nice turnout for a first-time event,” says Monica DeAngelis, Medina Hospital’s administrative coordinator for Healthy Medina. “Our participants are excited and motivated – and that’s exactly what we had hoped for.”

Healthy Medina is an expansion of the health-and-wellness program DeAngelis oversaw for Medina city employees. Its results were very positive, she says. As word of that program’s success spread, citizens began to ask for a similar program to assist all county residents.

Medina Mayor Dennis Hanwell said publicly that he was proud to see the Healthy Medina program launched in his city. He specifically thanked Medina Hospital and its President, Thomas Tulisniak, MD, for doing so much to help all of Medina’s citizens.

## Bequest Improves Nursing

A recent estate gift will improve the level of training and certification for nurses at Medina Hospital. When drafting his plans, Samuel Smiley likely took time to review the people and institutions important to him and his family. As a beneficiary, Medina Hospital was directed “*to expend said bequest in any manner it deems appropriate.*”

This generous and thoughtful gift proved challenging because many areas could be deemed appropriate. To best address Mr. Smiley’s intention, hospital administration chose to support continuing education and other needs of Medina’s nursing staff. Nurses interact with patients and families 24 hours a day and touch the lives of more people than any other caregivers. Chief Nursing Officer Mary Kennedy, RN, BSN, MBA, oversees the restricted nursing fund.



Mary Kennedy, RN, BSN, MBA  
Chief Nursing Officer  
Medina Hospital



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# Lighting the Way

In 1996 Don and Hope Wilder of Medina chose to improve Medina Hospital by purchasing a life insurance policy and donating it to Medina Hospital Foundation. Recently, the Wilders worked with the Hospital Foundation board to use the cash value of this policy to improve the level of operating room (OR) lighting at Medina Hospital during their lifetime.

In an OR, surgical procedures demand the skill and concentration of the surgical team. Lifesaving and life-enhancing procedures rely on an unsung but invaluable member of the OR team – appropriate lighting. Surgical lights are designed to imitate natural light to preserve tissue color while at the same time provide sufficient lighting for patient safety and successful outcomes.

A gift of life insurance to Medina Hospital can be accomplished in a variety of ways. These include naming the hospital a beneficiary of an existing policy, donating a fully paid-up policy or establishing a new policy and transferring ownership to Medina Hospital. To learn more, please call Randy Fuerst at 330.721.5940.



## Black Tie Affair Changes Coming

Guest survey results are helping the Black Tie committee, led by Fiona Quade and Judy Tulisiak, try something new by switching from the traditional auction to a prize-oriented event. Guests attending on October 25 will have the opportunity to win incredible prizes, enjoy a nice dinner and socialize throughout the evening. Those who cannot attend also will have the chance to win prizes while supporting our hospital.

Details on prizes, ticket sales and all aspects of the evening will be available at [MedinaHospitalFoundation.org](http://MedinaHospitalFoundation.org) and via mail after July 1. To receive information via email, please send your address to [kern@ccf.org](mailto:kern@ccf.org) or call her at 330.721.5941. You also can speak with Fiona at 330.304.9295.

## A Will: A Statement of Values

Americans are able to make decisions about asset distribution during their lifetime and beyond through financial and estate planning. However, a recent study shows that a surprisingly large number of people do not have a will to direct how they want their assets to be handled upon their death. Remarkably, that number has grown in the last four years. In 2010, 57 percent of respondents did not have a will, and that number grew to 65 percent in 2014! These large percentages held true across ages, income levels, ethnic backgrounds and educational levels.

Ultimately, a will is about values. While family usually is the primary consideration, church, education, and charity also may be important. In planning now for the future, family and other beneficiaries will be protected. Testamentary gifts have become an integral part of our American philanthropic tradition, and our tax laws encourage charitable support, helping to safeguard those values.

## Westfield Insurance Supports Safety Day

Westfield Insurance has contributed \$10,000 to the Medina Hospital Foundation in support of the hospital's annual safety fair, the Stars & Stripes Summer Safety Celebration. A 15-year Medina County tradition, the event introduces families from across Medina County to safety services professionals, who share advice about accident prevention and wellness.

"Westfield has been a great supporter of Medina Hospital, and we are grateful for their generous donation," says Thomas Tulisiak, MD, President of Cleveland Clinic's Medina Hospital. "With their help, we are now able to expand this event and offer even more vital education to our community."

New in 2014 are expanded demonstrations for adolescents, teens and adults, including safety tips on using the internet and identity protection, driving, skateboarding and boating, as well as concussion awareness, basic first aid and mental health resources.

"The donation by Westfield is an investment in the community and advocacy for safe choices and protection," says Jani Groza, director of Westfield Insurance Foundation. "Homes can be rebuilt, cars can be repaired and valuables can be replaced, but it is always better to prevent an accident before it happens."



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Medina Hospital Foundation realizes that individuals would like to learn more about its particular programs, services or developments. However, if you do not wish to receive information relating to your philanthropic objectives at this time, please call the Medina Hospital Foundation at 330.721.5941 or send an email to kern@ccf.org.



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*Raffle prizes donated by Medina Hospital departments (above) and some of the 2013 Cruise participants (right).*




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**Cruise for a Cure**

Century Harley-Davidson again will host Cruise for a Cure, which contributes 100 percent of the proceeds to Cleveland Clinic's Taussig Cancer Institute and its services at Medina Hospital. Riders and non-riders are welcome to join the fun on July 12 with live music, food, raffles and a local ride or overnight ride to the U.S. Air Force Museum in Dayton on July 11-12.

Visit [centuryhd.com](http://centuryhd.com) for details.